

THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

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VOLUME 2018-5 & 6

May/June 2018

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

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SPRING FLING

Tuesday, May 15th ~ 1 – 3 PM

Wellfleet COA

welcome Spring with the music of

TOAST AND JAM
& friends

brought to you by the COA Board
funded by the Friends of the COA

refreshments

FREE



Learn to play Mah Jongg American Style

Wednesdays, 1:30 – 3:30 ~ beginning May 2nd

taught by Estelle Nadel

Estelle is a very patient teacher who has
been playing Mah Jongg for “more years than she can
remember” ~ she will help you quickly master the game.

PLEASE CALL TO RESERVE YOUR SPOT

DATES TO REMEMBER

May 6th ~ Mass Appeal Fashion Show Fundraiser at the COA, 1 – 3 PM ~ buy tickets at COA

May 15th ~ Spring Fling with Toast & Jam HERE!! ~ 1 – 3 PM

May 19th ~ Volunteer COA garden clean-up, 9 – 11 AM, rain or shine with COA Board

May 28th ~ Closed for Memorial Day

May 29th ~ new 10-week exercise session begins

♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM – 12 NOON. Come in and meet Charlie Altieri, R.N.:

- Blood pressure
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

Medication Safety Tips and Minimizing Fall risks; Mayo Clinic - August 2017

Falls can be common among older adults, and medications can contribute to your risk. Lower your risk by:

- Having a thorough review of the drugs that you take – Bring your medications to each of your medical visits. This includes your nonprescription medications and supplements. Ask your doctor or pharmacist if there are drugs you take that may increase your risk of falls, and if so what may be done to minimize that risk? Classes of drugs most strongly associated with falls include sleeping pills, benzodiazepines for anxiety, certain antidepressants, antipsychotics and anti-seizure medications
- Being aware of side-effects that raise the risk of falls- feeling lightheaded, particularly when standing up, or feeling dizzy, or unusually tired, confused or unsteady on your feet are side effects that make falls more likely. Talk to your doctor or pharmacist if you have these symptoms.
- Being cautious with drug adjustments, the first couple of weeks after adding a drug or increasing a dose is a high-risk time for falls.
- Ask your pharmacist about interactions before you take an herbal supplement or nonprescription drug, such as an antihistamine for allergies and colds, or a



BE WELL! LIVE STRONG! LIVE LONG!

***Charlie Altieri, RN, Public Health Nurse
Visiting Nurse Association of Cape Cod***

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. *May 11, 25 & June 8, 22. NEW SCHEDULING PROCEDURE FOR DR. CAMPO: There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

► FOR YOUR ASSISTANCE

► **AARP SMART DRIVER COURSE:** *Learn proven strategies to help keep you safe while on the road. After taking the course, you may even be eligible for a discount on your insurance! The course teaches valuable defensive driving skills & provides a refresher of the rules of the road. Audio-visual instruction only, no affiliation with the Registry of Motor Vehicles, no testing. An AARP Smart Driver Course will take place at the Wellfleet COA on Friday, June 8 from 10 AM – 2:30 PM. Space is limited ~ call early to reserve your space for this informative class. Lunch provided courtesy of Wellfleet Police. Fee for class ~ AARP members \$15, non-members \$20. Visit www.aarp.org/drive for additional information. Reservations absolutely required!*



► **ALZHEIMER'S ASSOCIATION SERVING THE LOWER CAPE:** Serves from Provincetown to Chatham by raising funds to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch for more information.

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, May 16 and Wednesday, June 20 at 4 PM.* Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **GOSNOLD COUNSELING:** Sara Moran, MA and Dawn White, LCSW are Gosnold counselors available at the COA. Sara is available on Thursdays and Dawn on Tuesdays. They can provide therapy for various mental health issues such as anxiety, depression or substance use. Services are confidential and individualized to meet the needs of the specific client. Many health insurances can be billed for payment. Call the Gosnold office at 508-540-6550 for an appointment.

► **LEGAL ASSISTANCE:** *60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 - Noon. NEW ATTORNEY! Conducted by Attorney Katherine Wibby of South Coastal Counties Legal Services, Inc. May 9, June 13.*

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

MONTHLY OUTREACH MESSAGE

Linda Balch, Outreach Coordinator

You will be receiving a new Medicare card in June! Social security numbers will no longer be used on Medicare cards and you will be assigned a new number. There is nothing to do to receive this new card. Medicare will NOT call you for information before sending you a new card. Once you receive your new card, you can destroy the old one.



🍏 FOR YOUR DINING PLEASURE

- 🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave. *No June 14 Café.*
- 🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.
- 🍏 **SOUP/SALAD TO GO:** Maryann's homemade salad or soup, pint packed to travel, \$4.00 ~ every Monday!

★ FOR YOUR FUN AND ENTERTAINMENT

- ★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.
- ★ **COLLAGE MAKING:** Collage is a technique of art production where artwork is made from an assemblage of different forms so to create a new whole. This hands-on workshop will explore the art of collage through a variety of exercises and observations. We will provide the core supplies and you bring the trimmings: decorative papers, recycled greeting cards, ribbons, candy wrappers and whole lot more. Led by Wellfleet artist Michael Walczak, this easy going, hands-on workshop is a great way to make some cards for giving and pictures for framing. Fee of \$5 per person, per class. Four sessions remaining Wednesday, May 2, 9, 16 & 23 ~ from 1 - 3 PM at the COA. Funded by the Friends of the COA.

★ **JUGGLING LIFE WITH TREVOR PEARSON:** *A new, more accessible kind of juggling class! Many scientific studies published in recent years have shown that learning to juggle actually grows the brain! People of all ages who learn to juggle exhibit increases in gray matter in multiple areas of the brain. As with other forms of exercise, juggling can also be good for relieving stress, sometimes known as "active relaxation." Trevor will use a combination of new and old teaching methods to allow participants of varying ages and physical abilities to enjoy the feeling and benefits of learning juggling in a more inclusive, accessible way. We'll utilize various forms of object manipulation such as balancing, spinning, rolling and bouncing to improve overall coordination and focus. No prior experience necessary. All skill levels welcome. Ages 18-infinity. \$10 per session suggested donation. Walk-ins welcome. Come to any class or all 8! Mondays in June ~ 2-4 PM or 7-9 PM. <http://trevorjuggling.com/>*



★ **MAH JONGG:** *Learn to play Mah Jongg American Style, Wednesdays, 1:30 - 3:30 ~ Beginning May 2, taught by Estelle Nadel. PLEASE CALL TO RESERVE YOUR SPOT. FREE!!*

- ★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.
- ★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.
- ★ **WELLFLEET WAVE BOOK CLUB:** *Thursday, May 17th at 1:30 ~ Hillbilly Elegy by J.D. Vance ~ "[A] compassionate, discerning sociological analysis...Combining thoughtful inquiry with firsthand experience, Mr. Vance has inadvertently provided a civilized reference guide for an uncivilized election, and he's done so in a vocabulary intelligible to both Democrats and Republicans. Imagine that." (Jennifer Senior, New York Times) Thursday, June 21st at 1:30 ~ Autumn by Ali Smith ~ "Shimmers with wit, melancholy, grief, joy, wisdom, small acts of love and, always, wonder at the seasons." - The Boston Globe.*

☺ FOR YOUR WELL-BEING

Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSION

Next session Tuesday, May 29th – Friday, August 3rd

*Mix & match your days/classes ~ FOR BALANCE/GENERAL EXERCISE
AND/OR STRENGTH TRAINING CLASSES ONLY*

discounted rates for multiple sessions ~ 1X per week for \$55,

2X per week \$80, 3X per week \$100, 4X per week \$120

Drop-ins welcome, \$7 per class drop-in rate

mid-session drop-ins will NOT be pro-rated

**NO
CLASSES
MAY 28**

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ \$7.00 per class.

Note: Physician's approval absolutely required for all exercise classes!

◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 – 4:30 PM ~ May 8, June 12. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10:30 – 12. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. May 10, 24 & June 14, 28. **NO JULY/AUGUST GROUP. RESUMES IN SEPTEMBER.**

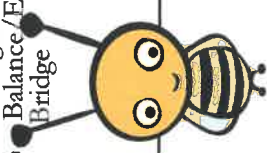

◆ **CAREGIVER'S SUPPORT GROUP:** *Cancelled until further notice. Please call Outreach Coordinator Linda Balch if you are in need of assistance.*

◆ **FRIENDLY VISITOR PROGRAM:** If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator.

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.



May 2018 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div>MAY 6th ~ Mass Appeal Fundraiser</div> <div>MAY 19th ~ COA Garden Clean-up ~ 9 - 11 AM</div>	<div>1</div> <div>8</div> <div>8:45</div> <div>10:15</div> <div>Gosnold Counseling</div> <div>Strength Training</div> <div>Balance/Exercise</div>	<div>2</div> <div>8:45</div> <div>10</div> <div>10:15</div> <div>1</div> <div>1:30</div> <div>Strength Training</div> <div>Ask A Nurse</div> <div>Balance/Exercise</div> <div>Collage with Michael</div> <div>MAH JONGG</div>	<div>3</div> <div>8:45</div> <div>11:30</div> <div>12:30</div> <div>1</div> <div>2</div> <div>Stretch & Strengthen</div> <div>Gosnold Counseling</div> <div>Iris's Café</div> <div>Quilting</div> <div>Scrabble</div>	<div>4</div> <div>8:45</div> <div>10:15</div> <div>1</div> <div>Strength Training</div> <div>Balance/Exercise</div> <div>Bridge</div> <div></div>
<div>7</div> <div>8:45</div> <div>9</div> <div>10:15</div> <div>Strength Training</div> <div>Marlene Denessen</div> <div>Balance/Exercise</div>	<div>8</div> <div>8</div> <div>8:45</div> <div>10:15</div> <div>3</div> <div>Gosnold Counseling</div> <div>Strength Training</div> <div>Balance/Exercise</div> <div>Alzheimer's/Dementia Caregiver's Support Grp.</div>	<div>9</div> <div>10</div> <div>10</div> <div>10:15</div> <div>1</div> <div>1:30</div> <div>4</div> <div>8:45</div> <div>Strength Training</div> <div>Legal Aid</div> <div>Ask A Nurse</div> <div>Balance/Exercise</div> <div>Collage with Michael</div> <div>MAH JONGG</div> <div>FCOA</div>	<div>10</div> <div>8:45</div> <div>10:30</div> <div>11:30</div> <div>12:30</div> <div>2</div> <div>Stretch & Strengthen</div> <div>Bereavement Support</div> <div>Gosnold Counseling</div> <div>Iris's Café</div> <div>Scrabble</div>	<div>11</div> <div>8:45</div> <div>9</div> <div>10:15</div> <div>1</div> <div>Strength Training</div> <div>Dr. Campo</div> <div>Balance/Exercise</div> <div>Bridge</div>
<div>14</div> <div>8:45</div> <div>10:15</div> <div>Strength Training</div> <div>Balance/Exercise</div> <div></div>	<div>15</div> <div>8</div> <div>8:45</div> <div>10:15</div> <div>1-3</div> <div>Gosnold Counseling</div> <div>Strength Training</div> <div>Balance/Exercise</div> <div>SPRING FLING</div>	<div>16</div> <div>9</div> <div>10</div> <div>10:15</div> <div>1</div> <div>1:30</div> <div>4</div> <div>8:45</div> <div>Strength Training</div> <div>COA Board</div> <div>Ask A Nurse</div> <div>Balance/Exercise</div> <div>Collage with Michael</div> <div>MAH JONGG</div> <div>Are You Ready for Medicare?</div>	<div>17</div> <div>8:45</div> <div>11:30</div> <div>12:30</div> <div>1</div> <div>1:30</div> <div>2</div> <div>Stretch & Strengthen</div> <div>Gosnold Counseling</div> <div>Iris's Café</div> <div>Quilting</div> <div>Book Club ~ <i>Hillbilly Elegy</i></div> <div>Scrabble</div>	<div>18</div> <div>8:45</div> <div>10:15</div> <div>1</div> <div>Strength Training</div> <div>Balance/Exercise</div> <div>Bridge</div>
<div>21</div> <div>8:45</div> <div>9</div> <div>10:15</div> <div>Strength Training</div> <div>Marlene Denessen</div> <div>Balance/Exercise</div>	<div>22</div> <div>8:45</div> <div>10:15</div> <div>Strength Training</div> <div>Balance/Exercise</div>	<div>23</div> <div>8:45</div> <div>10</div> <div>10:15</div> <div>1</div> <div>1:30</div> <div>Strength Training</div> <div>Ask A Nurse</div> <div>Balance/Exercise</div> <div>Collage with Michael</div> <div>MAH JONGG</div>	<div>24</div> <div>8:45</div> <div>10:30</div> <div>11:30</div> <div>12:30</div> <div>2</div> <div>Stretch & Strengthen</div> <div>Bereavement Support</div> <div>Gosnold Counseling</div> <div>Iris's Café</div> <div>Scrabble</div>	<div>25</div> <div>8:45</div> <div>9</div> <div>10:15</div> <div>1</div> <div>Strength Training</div> <div>Dr. Campo</div> <div>Balance/Exercise</div> <div>Bridge</div>
<div>28</div> <div><div>CLOSED FOR MEMORIAL DAY HOLIDAY</div></div>	<div>29</div> <div><div>NEW 10 WEEK EXERCISE SESSION BEGINS THIS WEEK</div></div> <div>8</div> <div>8:45</div> <div>10:15</div> <div>Gosnold Counseling</div> <div>Strength Training</div> <div>Balance/Exercise</div>	<div>30</div> <div>8:45</div> <div>10</div> <div>10:15</div> <div>1</div> <div>1:30</div> <div>Strength Training</div> <div>Ask A Nurse</div> <div>Balance/Exercise</div> <div>MAH JONGG</div>	<div>31</div> <div>8:45</div> <div>11:30</div> <div>12:30</div> <div>2</div> <div>Stretch & Strengthen</div> <div>Gosnold Counseling</div> <div>Iris's Café</div> <div>Scrabble</div>	<div><div>GREAT POND ARTIST OF THE MONTH</div><div>MIAH NATE JOHNSON</div></div>

June 2018 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
GREAT POND ARTIST OF THE MONTH ROBERT RINDLER				
4 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 2-4 JUGGLING LIFE 7-9 JUGGLING LIFE	6 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	13 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	14 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	15 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG
11 8:45 Strength Training 10:15 Balance/Exercise 2-4 JUGGLING LIFE 7-9 JUGGLING LIFE	12 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	13 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	14 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	15 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
18 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 2-4 JUGGLING LIFE 7-9 JUGGLING LIFE	19 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	20 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	21 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge	22 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
25 8:45 Strength Training 10:15 Balance/Exercise 2-4 JUGGLING LIFE 7-9 JUGGLING LIFE	26 8:45 Strength Training 10:15 Balance/Exercise 2-4 JUGGLING LIFE 7-9 JUGGLING LIFE	27 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 1:30 MAH JONGG	28 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge	29 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Dorothy Oberding ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Sarah Multer ~ FCOA Liaison
Fred Nass
Brian Quigley
Dian Reynolds
Evelyn Savage
Wilson Sullivan

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Karen Kaminski ~ Secretary
Meredith Blakeley
Greta Einig
Sarah Multer

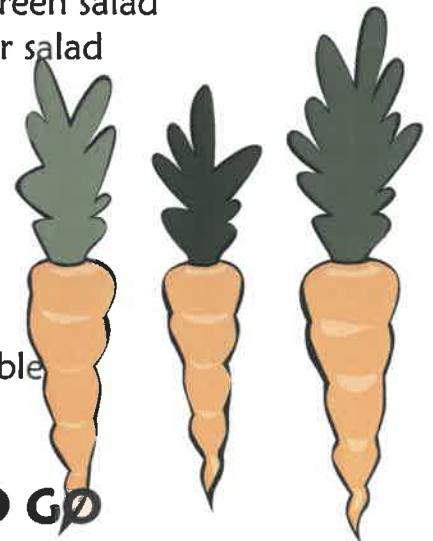
If you would rather receive The Wave
via email, please notify Terri at
terri.frazier@wellfleet-ma.gov

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

- | | |
|-----------------------------|--|
| May 3rd | Baked stuffed shells w/tomato cream sauce, mixed green salad |
| May 10th | Poached salmon with dill cream, couscous, cucumber salad |
| May 17th | Beef stew over egg noodles, Caesar salad |
| May 24th | BBQ chicken, potato salad, black bean corn salad |
| May 31st | Pan seared pork tenderloin with cranberry balsamic sauce, herb roasted potatoes, vegetable |
| June 7th | Roast turkey and leek risotto, arugula salad |
| June 14th | NO LUNCHEON THIS WEEK |
| June 21st | Baked cod with tomato herb butter, rice and vegetable |
| June 28th | Chicken and vegetable stir fry with Asian noodles |



MARYANN'S SALADS/SOUPS TO GO

A pint of salad or soup, varies weekly ~ always delicious!
Packed to travel on Mondays ~ \$4.00